

Lacrosse comes to Concordia

Coach Mo Gaitan Comments on the inaugural 2016-17 Season

By Tony Kohanek

Concordia University's Athletic Department announced back in early April of 2015 that they would be adding lacrosse to the 2016-2017 athletic season. This will be the first Division II lacrosse and first scholarship offered program in the state of Minnesota. Athletic Director Tom Rubbelke is excited for the addition of Women's Lacrosse beginning in the 2016-17 academic year. "This is a groundbreaking venture for women's athletics, especially in the Minnesota area. This puts CSP in a great position to offer additional women scholarship opportunities, while pioneering the great sport of lacrosse." However, there are many things that need to get done before play can begin.

First step to starting up a new program is finding a head coach to get the program up and running. Throughout the spring and into the summer, coaches were interviewed and résumés were reviewed until June when Mo Gaitán was named the first head Coach of Concordia University's lacrosse team. Rubbelke commented, "We are excited that Mo Gaitán has joined the Concordia St. Paul staff as our first head coach. She has the drive to put Concordia on the map from the start."

Coach Gaitán is excited to be building this program from the ground up. "I felt overwhelmed with excitement and thrilled to begin working! I started putting together our desired 2017 opponents and potential prospects later that same night. I literally could not wait to begin." She brings with her valuable experience having started St. Cloud State's University club lacrosse program and Augsburg's

NCAA Division III team. At SCSU she gained experience in recruiting, scheduling, budget managing, event planning, marketing and fundraising. While at Augsburg, she was involved with recruiting prospective athletes, coordinating the team's itinerary for games and helped with team fundraising and volunteer events. While coaching at Augsburg, Gaitán continued to coach at her former lacrosse team, Lakeville North HS.

This past summer, Gaitán was an assistant coach and United States liaison to the Columbia u19 National team. Gaitán traveled to Scotland for two weeks where the team competed in the Rathbones 2015 Women's u19 World Championship Tournament.

Coach Gaitán is excited to start up the 16th varsity sport at Concordia. She brings with her a drive to build and create a culture that is with an emphasis on academics as well as founded on integrity and respect. Gaitán's welcome to campus shows how much of a community we can have in a large city environment. Her plan for Concordia is to transform lacrosse in the metro area and create one of the top DII lacrosse programs in the region.



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CSPnewsupdater



The Sword Newspaper



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Dear students, faculty, staff and Concordia community members,

As the Editor-in-Chief for The Sword this year, I am honored to welcome new and returning students to campus. It has been a joy to see the halls filled once again with the enthusiasm of new beginnings and determination. I am thrilled that you have picked up our first issue of the year – enjoy reading!

A little background on me: My name is Amanda Och and I am a 2014 graduate of Concordia, earning a B.A. in English with emphases in Professional Writing and Literature. I work at Concordia in Alumni Relations and I am a current student enrolled in the MBA program with an emphasis in Healthcare Administration. I have filled just about every position on The Sword throughout my time at Concordia. I am excited to now take over as Editor-in-Chief and hope to continue to make this student-run paper a success! I found my home here at CSP and I hope that you do too!

As we enter Concordia's 123rd year, I want to start by giving all of you a little insight into this year's student body:

- More than 4,350 students
(6% PSEO, 26% Traditional Undergraduate, 26% Adult Undergraduate, and 42% Graduate)
- 63% are female
- From 49 states and 15 countries
- Student age range is 15-67
- Student-to-faculty ratio is 15:1

In this issue, we celebrate the successes and honor the losses that we have experienced at Concordia over the past few months. Should you ever have any comments, questions or interest in working for The Sword, please contact me at och@csp.edu.

I will leave you with some words of advice for this year: Make a few mistakes... remember small achievements happen every day... work hard and say hello to as many people as possible... most importantly do your best and be yourself! Blessings to you all and enjoy the beautiful transformation into fall!

Amanda Och
Editor-in-Chief

Holtmeier

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Welcome Weekend 2015

Goodbye Summer, Hello College



By Brianna Holtmeier

In a nonstop whirlwind of activities, Concordia's class of 2019 was thrust into the college life. Welcome Weekend had back-to-back events that amped up the excitement and blew away the nervousness of the "first year students."

Thursday evening, all of the new freshman had the chance to win various types of food, board games and more with Bingo. The RAs kept lively music going while the new students anxiously waited for their numbers to be called.

Friday was kicked off by Jermaine Davis, a fantastic speaker who taught the audience his favorite "Good Job" song. He drew from personal experiences to remind students that the most necessary ingredient for success is grit. "Gritty people succeed," he told the crowd. Davis kept the audience riveted with his outgoing personality and fantastic story telling. The Building Better Bears workshop followed later. Freshmen were thrown together for mingling and competitive games that included group rock-paper-scissors, birthday month cheers, an impression contest, and other entertaining activities.

For the yearly service project, students piled into buses that took them to Feed My Starving Children packing plants. First-years donned hairnets and gloves to package nutritional meals to send around the world to hungry communities. This meaningful service project was the favorite event of the weekend for many of the students that were surveyed. Comet's Cookout was open to all students and provided food, entertainment, and fun. The food included delicious Hawaiian pork, chicken, and other savory dishes to enjoy while watching dancers perform Tahitian and Hawaiian style hulas and twirl flaming batons. The fun continued with Comedy Sportz, a competitive comedic show that pulled volunteers from the audience to work into their skits. The audience was howling with laughter as the entertainers used improv humor. The day was wrapped up with a showing of the movie *Avengers: Age of Ultron*.

Concordia's New Doctor of Education Program

By Cydi Yang

In the Spring of 2016, classes will begin in Concordia's new Doctor of Education Program. The Doctor of Education is the second doctorate program created at Concordia in the last hundred years. Many students in the Master's program, specifically from the Education Leadership program, requested Concordia to offer the program. After a large amount of market research, Concordia realized the high demand of the program. This decision has been long in production and Concordia has finally decided to expand its doctorate program. Education professionals will find this program a great fit, especially for the K-12 system. The people who made this program possible are Don Helmstetter, the Dean of The College of Education and Science, and his internal team of associates: Michael Walcheski, the Associate Vice President for Graduate Studies and Jerry Robicheau, the Director of Administrative Licensing. The Doctor of Education's primary focus is leadership, providing not only academic and theoretical components, but also practical assignments as well. The program is designed to give students hands-on-experience that will prepare them for future leadership positions. Teachers, counselors, employee trainers, and employers in the healthcare field are some examples of the candidates who would be a great fit for the program. It is an applied degree that will concentrate on a specific field of the student's choosing.



Photo by Cydi Yang

Concordia Gathers Together to Remember Devin McCauley

By Karina Schlect



Writing this makes me sick. Physically ill. Devin and I were friends through collaboration in music ensembles and this friendship deepened when we both went on the service trip to Nicaragua last January. We've bonded over geeky music knowledge, a love of rhythm, pizza and movie nights with friends and a deep passion to see change in the world. I loved Devin dearly, and though there were others who shared a much closer relationship with him than I did, I've had a very difficult time with his death. Writing about him, continuing to revisit this world-shattering heartbreak again and again, makes me feel sick to my stomach, but I know it must be done. Everyone needs to know Devin, even if all you know is what's written in this article.

Devin McCauley drowned in Faribault Pond on July 4, 2015 while swimming with friends and enjoying the holiday. One of Devin's last Tweets was a retweet of Steve Harvey on June 11 that read: "Don't let fear rob you of the life you want. Be willing to step out of your comfort zone and take a chance." He truly lived this out, leaving his comfort zone and regularly pushing others outside of theirs. There are so many words I could use to describe Devin: driven, gifted, loving, funny. He was always welcoming, positive, so excited and outspoken for things he cared about. He was caring and kind, he was musical and rhythmic, he was light-hearted and friendly, but ever the

prankster. He was also always smiling—seriously, it's hard to find pictures with a frowning Devin—it was simply an external sign of the joy he found in life. I'm sure that if you ask his mom or his sister or his grandparents, you could hear a number of other words to describe Devin. Ask his friends from high school, from theater, from drum line, from the service trip to Nicaragua, and you would hear a range of similar, yet distinctly unique answers. But I'm going to describe Devin in two particular ways for you.

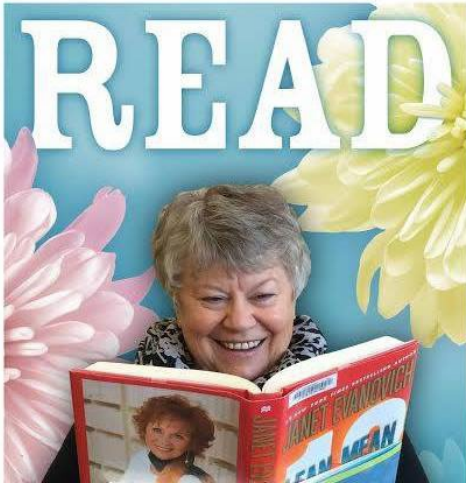
The first way is with a word that Devin himself used on a chalkboard freshman year in college transitions: Passion. Everything that Devin did or said was done passionately, whether it was being an activist for racial equality, recruiting people for pep band, describing his love of mac 'n' cheese, serving the New Song community in Nicaragua, or participating in never-ending ensembles. You could always tell that Devin loved what he was doing and the people he was doing it with. He never gave up on an argument easily, seeming to always have one more idea to drive his point home. He put his full heart and soul into his relationships, his leadership positions, his extracurricular activities and his music education.

CONTINUED ON PG. 5

Faculty Spotlight

Janice Baumgart

By Julie Yang



Professor Janice Baumgart has been one of the most influential, kind-hearted, and compassionate people ever to walk the halls of Concordia University, St. Paul. Jan, as she prefers to be called, has many different roles at CSP and is known by many people to be a light here at Concordia. Jan's history with Concordia goes back thirty years. "I began working here while a student, so from 1985

to 1988, I was the Student Coordinator for the Peer Tutor Program. My position from 1988 to 1991 was Coordinator for Special Services. During that time I also coordinated the Peer Tutor Program. In 1991, my title was Director of Academic Development, which was a program for under-prepared students that allowed us to accept who would not normally be accepted at a four year university."

Recently, Jan is an academic counselor and has created two courses for students to take: College Turning Point and College Foundation for Athletes. "I am very proud of the courses and knowing I had even some small part in encouraging and supporting students who might not have made it without that specific support is amazingly rewarding." Jan goes by four "R"s in her teaching: Real, Relevant, Relationship, and Resource. What she teaches and shares has to be relevant for her students. She believes that in order to

help students, you need to build a relationship. A former student of hers says that one of her best attributes is that she reaches out to people. He told Jan that, "no other professor knows their students well enough to shoot out an e-mail when bad things happen." She cares about her students and the relationships she has with them are all very special and unique. Jan's opinion on her teaching is this: "I am a nurturing educator. I believe that students need to know that someone on faculty, staff or administration truly cares."

When asked about how Jan has influenced their college life, the responses from students were incredible. Concordia Senior Jordyn Jones responded, "I have been Jan's peer advisor for three years and every year Jan's enthusiasm and care for Concordia is unwavering. She cares so much about students—current and past." Ashley Hafdal said, "I met Jan when I was a freshman, but I didn't really get to know her until I was a junior. In the last year, Jan has made a huge impact on my life. She always goes to the end of the world to help me out. She has been such a positive role model in my life and I appreciate all she does for me." Sophomore Mia Romani stated, "Jan has always been there for me with a smiling face, kind words, and motherly advice. Her office door is always open, and she was the first person on this campus to make me feel truly welcomed and cared for. Jan is a gift that keeps on giving."

After being at Concordia for all of this time, Jan will be retiring after the fall 2015 semester. She is retiring in order to travel with her husband and, "to escape Minnesota winters." Jan is a compassionate and unique person who supports students with a listening and honest heart. She continues to be a resource to anyone who needs her and she will be missed.

Devin McCauley (Continued)

The second way to describe Devin is to sum up his most important quality with these three words: Child of God. His passion was geared toward his faith and his love for Christ. He was an active part of CSP Ministry, behind both the drums and the sound board, and he lived out his faith through his kindness, compassion, positive energy and welcoming nature. It was abundantly clear at his funeral at Mount Olivet Baptist Church on July 11th, that he was cherished by the people at Mt. Olivet, Concordia, Freedom School, and the other communities of which he was a part of. The funeral was filled with beautiful musical offerings and stories about Devin from those who were closest to him. There was a line out the door to view the casket; the service started fifteen minutes late when they finally cut the line off and asked people to find a place to sit or stand. After the funeral ended, cars headed to Elmhurst Cemetery for the interment.

When the fall semester began, Concordia students gathered once again to remember Devin and to grieve together as a community in a Memorial Service held in the chapel on Friday, August 28th. Friends, family, administration and the Christus Chorus took turns speaking, dancing, singing and sharing their

memories and love of Devin with everyone gathered. At the end of the service, sheet music was passed out and all voices joined in the singing of "E'en So, Lord Jesus, Quickly Come," the anthem sung at the end of every choir concert and treasured by the CSP community at large. Devin's Facebook feed, once filled with cries for justice and inside jokes with friends, has been taken over by friends and family who continue to mourn his death and celebrate his life.

This final quote was written by one of Devin's friends who was with him when the accident happened:

"Devin was smiling and laughing throughout the day, having a great time enjoying the sunshine, loving America, eating too much food like anyone should on Independence Day, nobody wants to have an experience like this, but each day I shift my focus from the tragedy to the inspiring life he chose to live...looking forward to seeing that smile again."

And so are we all. Rest in peace, friend, and we'll see you soon.

Hmong Exodus Lecture

Refugees A-Hmong Us



Photo by Cydi Yang

By Brianna Holtmeier

"I can't believe it really happened," Concordia's President, Tom Ries, said as he reflected on the horrible happenings that befell the Hmong. Friday August 28th, Concordia hosted a lecture on the Hmong Refugee Exodus from Laos. The Buenger Education Center (BEC) was completely filled with a riveted audience listening to panelists who told of their personal roles in the Hmong plight for freedom.

The Hmong are a resilient group who emerged in China around 200 A.D. Although they lived in China, the Hmong had a culture and customs of their own. Living in China was far from easy as the Chinese made the Hmong conform to Chinese traditions. Despite being adopted into the culture, the Hmong and Chinese went to war many times, prompting the Hmong to migrate to Thailand, Burma, Laos and Vietnam.

In the 1960s and 1970s, many Hmong who were living in Laos were recruited by the CIA to battle the rise of communism and to help the U.S. in their military efforts in Laos and Vietnam. The CIA's headquarters for relocating the Hmong from Laos was called Sky. Yang Lue, one of the panelists present, was one of the soldiers who became involved with Sky, and spoke about his experiences during the lecture. Yang Lue acted as an operations assistant and his duties included traveling to the front line, taking the wounded back to hospitals and using false identities to travel and distributing money and food to new refugees.

The CIA was not allowed to publicly help the Hmong in Laos because the United States was not formally at war with Laos. In order to aid the Hmong, the CIA covertly dropped supplies and evacuated as many Hmong as possible.

Noi Xuwicha, another panelist, was directly helped by the Sky program as he and his father crossed over from Laos in 1973. Xuwicha's father was a close friend of General Vang Pao, whose headquarters were near the Sky compound. Xuwicha began working for General Pao and grew optimistic for what the future could bring. His hopes were dashed in 1975 when he began to see frequent military bombings. Xuwicha reminisced on the tragic time, saying, "I knew it was irreversible."

When America lost the Vietnam war in 1975, the Hmong who were associated with the United States faced oppression under the new government. One of the speakers, Mac Thompson, served in the United States Agency for International Development and was involved with air-dropping rice and other supplies in Laos for the persecuted Hmong.

Many Hmong fled to safety across the Mekong River into Thailand. Living in refugee camps in Thailand, the communities awaited their acceptance into America, Canada, Australia or France. Within the U.S, a popular location for resettlement was Minnesota, which now has the second highest population of Hmong immigrants in the United States, second only to California.

These astounding and impacting events may seem ages ago, but the final exodus of Hmong into the United States was only eleven years ago. In order to keep crucial events in history alive, audiences must learn about them. Concordia Professor Lee Pao Xiong reminded the audience of exactly this when he told them to use the Hmong history to "honor the past and interpret the present."

Stadium Accident

One Dead, One Injured in Viking Stadium Construction Worker Falls to his Death

By Jakob Kounkel

An employee of Berwald Roofing Company fell to his death (most news sites report it was approximately fifty feet) while working on U.S. Bank Stadium in August. Thirty-five-year-old Jeramie Gruber slid down the roof he was working on and broke through a guardrail before falling to an elevated platform below, according to the Minnesota Occupational Health and Safety Administration. Gruber was pronounced dead on arrival at Hennepin County Medical Center in Minneapolis.

Gruber and a fellow employee were installing a solid roof when it happened, but the other employee, who has not been named, didn't fall as far after being lucky enough to slide into a post. A company official from Berwald Roofing states that the unnamed employee received four dozen stitches and staples on his leg after suffering a deep cut.

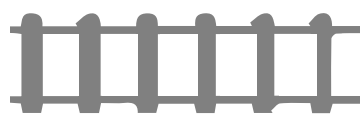
Berwald Roofing Company is a subcontractor to Mortenson Construction—the general contractor overseeing the whole project—on the U.S. Bank Stadium project, and according to NFL.com, records show that the company has received nine citations for serious safety violations in the past five years.

It was also reported that Berwald Roofing was unavailable to provide any comments towards these violations or the incident. According to OSHA reports, roofers on scaffolding were not protected from falling through guardrails on all open sides. OSHA fined Berwald Roofing \$2,100 last August for not taking safe scaffolding measures.

John Wood, senior vice president with Mortenson Construction stated, “Our priority is to ensure that we know exactly what happened and ensure that it never happens again. A man lost his life on this project today and that simply can't happen.”

According to Gruber's obituary, “He enjoyed fishing, hunting and the outdoors. Jeramie was a kind, honest, loving man. He enjoyed spending time with his wife and their dog, Girl.” Gruber also loved children, and being an uncle to his nieces and nephew. “Jeramie would help anyone that needed a helping hand.”

Along with the hundreds of comments of memories and solace that decorate his tribute wall, 1,200 men and women working on the project gathered together to honor Gruber and the outstanding loss that the community suffered.



France Train Attack

Brave Americans Prevent Terrorist Attack



By Dana Murphy

On August 22nd, 2015, at approximately 6:00 p.m., three Americans riding a train from Amsterdam to Paris prevented a very deadly terrorist attack.

A French passenger was waiting to enter the train's restroom when a Moroccan man emerged from it. He was armed with an AK-47, nine magazines of ammunition, a nine millimeter automatic handgun and a box cutter.

When the French man saw this, he attempted to tackle the gunman, but failed. Seconds later, fifty-one year-old French-American passenger Mark Moogalian acted quickly, successfully disarming the gunman of his AK-47. Disarmed of his assault rifle, the gunman quickly pulled out a second gun, firing a bullet into Moogalian's neck. Moogalian turned to his wife, yelling, “I'm hit, I'm hit.”

When the gunman fired, it caught the attention of three American men sitting a few seats ahead. The first to take action was twenty-three year-old Airman First Class, Spencer Stone. Soon after, twenty-two year-old Oregon National Guard Alek Skarlatos and twenty-three year-old Anthony Sadler came to his aide.

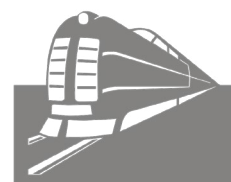
The three childhood friends proceeded to tackle the gunman, disarming him and beating him with his own guns. It took multiple attempts to subdue the terrorist, but they eventually knocked him unconscious. The Americans, along with Chris Norman, a British man who lives in France, restrained the attacker by tying him up. The men then traveled to each train car to inform the

other passengers of the events that took place. Through fingerprint analysis, the gunman was later identified as 26 year-old Moroccan national Ayoub El-Khazzani. He had been flagged by Intelligence in 2014 as having links to radical Islamism.

Moogalian was rushed to the hospital and was later reported to be in stable condition. Stone suffered cuts to his neck, head, and hands, but was released from the hospital after twenty-four hours. Skarlatos and Sadler suffered no injuries.

On Monday, August 24th, three days after the attack, there was a ceremony held for the four heroes. Moogalian was the only one of the four unable to attend the ceremony, but they all received France's highest decoration, the Legion d'honneur (Legion of Honor) Award.

President Barack Obama telephoned the three men to commend them for their “extraordinary bravery.” French President Francois Hollande extended his overwhelming gratitude to the four heroes, stating, “By their courage, they saved lives. They gave us an example of what is possible to do in these kinds of situations.”



Concordia 4 Kirk Fund raiser

Formal Outstanding Student Athlete Paralyzed in Swimming Accident

By Jakob Kounkel

The plans for former Concordia baseball player Kirk Ingram ('09)'s fundraiser have been finalized. It will be called Concordia 4 Kirk Co-Ed Softball Event (don't worry, it's slow pitch), and will be Saturday, September 26 at 9:00 a.m. at Robert E. Barnes baseball field (behind the Ganglehoff Center).

Head Baseball Coach Mark "Lunch" McKenzie and Assistant Baseball Coach Marcus McKenzie are avid supporters of Ingram and his family, and they are the ones orchestrating everything for this fundraiser. Coach McKenzie said, "Kirk is a caring, polite and respectful person. He was a great player for us, but he was a better teammate and person—an unbelievable human being."

Ingram was paralyzed in a swimming accident on Lake Minnetonka on Saturday, August 2, 2015, just two weeks after he and his wife welcomed their daughter Alexa. The CSP community is rallying around Kirk, who was an outstanding person on the field and in the classroom. Ingram earned the NSIC's Britton Award in 2009 and was a two-time "Top 4" student-athlete at Concordia. These two awards are top honors in the NSIC and Concordia; they recognized Ingram for his all-around impact in the classroom, community and on field.

Kirk's father-in-law, John Cornwell, shared these words about Kirk on the family's Caring Bridge site: "Tragedy has struck, but hope remains. Kirk is alive. While enjoying a beautiful summer day with friends on Lake Minnetonka, Kirk playfully dove into the water, and unfortunately struck the bottom, injuring his neck." Cornwell added later that the surgery to stabilize Kirk's spine was successful, but he was left with little to no feeling in his arms

and legs, and that the damage may be permanent.

Cornwell ends the passage with optimism saying, "Those of you who know Kirk, know that he has amazing physical strength and will power. If anyone can defy the odds and overcome this injury, it is Kirk. No one works harder or demands more of himself than Kirk... He remains our hero."

The event cost for participants is \$75 per person. This includes a softball entry, "Concordia 4 Kirk" t-shirt, pizza or hot dogs, a beverage, and admission to CSP vs Bemidji State football. Spectators are encouraged to watch the game for \$20. There are also raffle tickets available for \$5 (or 5 tickets for \$20) with a chance to win great prizes, like a Derek Jeter autographed baseball and more. Marcus McKenzie added, "a lot of the raffle items are like this, and every item in the raffle is something worth having." The McKenzies are well connected with the Twins and Vikings. Brian Dozier, Torii Hunter and Byron Buxton all bought t-shirts to support the cause.

Make sure to come out and support Kirk and Melissa CSP is doing this because we love Kirk and Melissa, and want to help out with medical bills as much as we can. The Ingram family is more than deserving of every penny donated.

THE SWORD

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Football Preview

By Adam Svien



Football season is here, and our Golden Bears are looking to do some special things. Watching practice, the guys have been working hard. There are a lot of reasons to be excited this year. They have the recipe to be a very successful team this year with veteran leadership across the board, especially on defense and the offensive line.

According to Coach Ryan Williams, "our strong point as a team is the more quality depth we have throughout our roster compared to years past." For those that don't know a lot about football, depth allows a team to frequently rotate players keeping everyone fresh and keep the opposing team off balance. Coach Williams also said that we can expect to see a fast paced offense with an emphasis on the run and a physical, aggressive, fast paced attacking defense.

Starting Quarterback Corey Cole talked a bit about the offensive line saying that since most of the starters from last season are returning he would consider the offensive line to be the strong point of this year's offense. "All of them are smart guys that understand fronts and blitzes as well as knowing what the defense is trying to do." Offensive line isn't the most glamorous position, but having a good offensive line makes a world of difference.

On to defense, this year the strongest part of the defense is leadership and experience. A few of the many seniors making

an impact on defense this year are Hank Goff, Jordan Halverson, and Jimmy Mireri. Jimmy Mireri holds high expectations for the defense saying he expects the team to be "a top level defense, and compete to be the best defense in the conference." He goes on saying, "There is a lot of senior leadership on this team (especially defensively) that are going to keep the team accountable."

Unfortunately Corey Cole suffered an injury during the loss to St. Cloud State University. However, depth is already playing its part and it is time for the team to allow other players to step up. Ben Schramski will step in as quarterback like he did last year when Corey went down with his foot injury and missed the rest of the 2014 season. Ben was able to help the team go 4-1 in the last five games including a four-game winning streak; he looks to build upon that success this season. A light among the darkness was Junior Halfback Alex Carr.

He had a excellent game against SCSU rushing for 144 yards and catching a pass for six yards, gaining more yardage than anyone on the field. Jordan Halverson also had an impressive game recording eleven tackles, helping him to get closer to being the all-time tackle leader in school history.

The football team hopes to see everyone out there showing their support, by cheering them on.

Volleyball Preview

Road to Redemption

By Tony Kohanek



School has begun and that means the fall athletics are upon us and one sport that is always a favorite around campus is volleyball. Their season ended last year in the second round of the central regional tournament after a loss to Southwest Minnesota State University, breaking Concordia's record breaking seven consecutive DII National Championships.

The team graduated one senior and lost another to Winona State University. Despite these two loses, the entire starting line up is returning for this season. Along with those returning, three new freshmen and two transfers join the team. The three new freshmen are outside hitter Hope Schiller, setter Elizabeth Mohr, and libero Taylor Soine.

Hope Schiller, sister of current outside middle blocker, Heather Schiller, graduated from Totino Grace, like her sister. She lettered in both volleyball and track, and winning all-state honors her junior and senior seasons. In her senior year, she helped the Eagles to the section 5AAA championship.

Elizabeth Mohr graduated from Eden Prairie High School and lettered three times in volleyball. She was named all-state honorable mention her junior year, all-state her senior year, and was all-conference and Captain for her final two seasons. She won team MVP her senior season and finished as the career leader in assists at Eden Prairie.

Taylor Soine graduated from Chanhassen High School.

She lettered in volleyball and was a three-time All-Metro West Conference performer. In her senior season she had 242 digs, 119 assists and 26 aces, which helped the Storm to a 19-10 record. She also was involved in Student Council, Link Crew and FCA at Chanhassen. Her cousin was a setter at Concordia from 2003-2006.

Head Coach Brady Starkey feels good about this year's team. "With quite a few new additions to the lineup last year, the experience that some of our kids got will hopefully help make things even easier this year in terms of their awareness of what is going to be expected and what the competition is going to be like. You can't put a value on having experience."

This year the team opened up its season with a tournament at home and a tournament in Denver, Colorado. The team came home on September 17th to start conference play against Upper Iowa, the same school who hosted Concordia's previous national championship victory.

Concordia is looking to reclaim the conference this year and make another run at a title. With the amount of experience coming back and the depth this year, anything is possible.

A Season of Beginnings

Cross-Country Preview

By Karina Schlect

The start of a new season is always exciting: new seniors leading the team; new freshmen trying to find their niche; new chances to improve and compete. But not every season begins with the kind of excitement that Concordia's cross-country team is enjoying this year. In addition to all these things, add the birth of the third child of Head Coach Jonathan Breitbarth the week before the start of classes. This has made what is naturally a big transitional time into an even bigger one for this team.

Two helpers this year in the midst of this are Matt Buns, the new Assistant Coach, and Dave Pieper, a volunteer coach. In a normal preseason, the team travels to Heartwood Conference Center and Retreat in Trego, Wisconsin, but because of the unusual circumstances this year, they stayed close to home. Most teams across the sports spectrum use preseason to get in shape and plan out the coming months of training and competing. The Golden Bears cross-country team is not most teams.

The biggest focus during what the cross-country team calls "Camp Week" (the week leading up to the first week of classes) is creating and building a culture of teamwork. Track and cross-country are often seen more as individual sports, but Breitbarth believes that the biggest improvements from season-to-season need to come from encouraging and supporting one another. The team works to set overall season goals, which they then break down into smaller goals to aim towards throughout the season. One area of weakness that the teams need to be aware of is the size of each squad. Breitbarth explains, "We rely on being smart about what they're doing, knowing the line of how hard they can push without getting hurt. We have to

be a little more mindful that we are a smaller team, that we can get up to the edge, but can't push it as much as we'd like to with more depth." The team's strengths, however, seem to far outweigh this lack of depth. Breitbarth describes the women's team as very hardworking; "We have 'blue-collar-type' ladies that get out and put in the work." And he says that the men's team has the ability to see the importance of self-improvement; "They're not intimidated by the competition because they stay focused on the process."

The women's squad is still that same group from last year's team—led by senior Maggie Marcus and junior Erin Spatenka—but the men lost a number of strong senior runners. Sam Anderson is this year's lone senior that was part of last year's group of leading male runners. Breitbarth says that he is transitioning into a sort of "father figure" role in order to lead the team and build up the next generation of runners. The coaching staff is encouraging these young Golden Bears to focus mainly on their college transition, a rocky time of life no matter how close one is to home.

This year, Concordia hosts the NSIC Conference Championships. Every few years the Golden Bears host the NSIC Conference Championships, and this is one of those years. The meet will be on October 24, 2015 at the University of Minnesota's Les Bolstad Golf Course.

Follow the Cross-Country team on Facebook and Twitter to stay up to date with this and other events and competitions.

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f t y i n e



Reaching Their Goals

Soccer Preview

By Karina Schlect

Head Coach Steve Bellis holds no reservations about the upcoming women's soccer season; with nine seniors and plenty of depth, the Golden Bears are looking strong heading into the season. Expectations of fitness are higher this year than in years past, and the players stepped up to the challenge, coming into the preseason fit and healthy passing their fitness tests with flying colors. With no starting spots guaranteed, the competition on the field during practice is preparing the women to be stronger in every position.

Although four seniors graduated last year, this year's group of seniors has been quick to step up and take on their new leadership roles. Coach Bellis noted that the team has three strong captains this year—Meg Poulson, Taryn MacMillan and Rachel Graiz—who are doing a great job of integrating everyone and bringing the team together.

Team chemistry is an important part of the preseason for our women's team, and Bellis explains that this is built and encouraged through a variety of activities that take place away from the field; "We'll do a lot of stuff that increases the opportunities for players to get together in a non-soccer environment and improve their team chemistry."

Some team-building activities they've already done this preseason include a soccer-golf event, a talent show, a skit event, barbeques and volunteering at Bridging, a Twin Cities nonprofit that works to build bridges between those in need and those with excess. Bellis went on to say, "It's always good to encourage good team chemistry, get off campus, and do something positive in the community."

The bond forming between the players seems to be an area of strength this season to accompany their depth and high levels of experience on the field. But scoring goals is the name of the game, so that will continue to be a constant skill to be worked on in practice. "We don't have a natural goal scorer—we haven't for a couple of seasons," Bellis noted, "so it will be something we're aware of and that we work on every day in practice." Coach Bellis is hoping to see every girl chip in this season and score four or five goals a piece.

September holds an abundance of opportunities to get out and support our Golden Bears at Seafoam Stadium, and the team would love to have a good following of fans at home games this year.

Keep up with the schedule and updates on their Facebook page, Concordia-St Paul Women's Soccer or by going to CUGoldenBears.com. With the Golden Bears looking to be fierce competitors this season, Coach Bellis encourages all to come out and watch.

"It's fun, it's constantly moving, it's very fast, it's very physical, players give it 150%...If you haven't watched a lot of soccer, this would be a good season to come out and watch it!"

Homecoming 2015: OKTOBEARFEST

Friday, Oct. 2, 2015

7 p.m. Volleyball vs. Augustana (S.D.)
Gangelhoff Center

Saturday, Oct. 3, 2015

8 a.m. 4th Annual Pancake Breakfast
Hosted by Pep Band and Student Senate
Music 118

10:30 a.m. Veteran's Resource Center Dedication
Buenger Education Center

Noon Football vs. Winona State
Sea Foam Stadium

2 - 5 p.m. Comet's Carnival
Sea Foam Plaza

4 p.m. Volleyball vs. Winona State
Gangelhoff Center



Female Athlete of the Month

Anna Pioske

By Tony Kohanek

The school year has officially begun, which means it's time for the first female athlete of the month for this year. The September 2015 female athlete of the month is a transfer for the volleyball team, junior Anna Pioske from the University of North Dakota. Her older sister is former Concordia University volleyball player Kara Pioske.

Anna Pioske started playing sports at a very young age when her parents started putting her in soccer, softball, basketball, and volleyball. Growing up, her sister Kara was a huge influence. When Kara had a game or event, Anna got to go and support her big sister in track and volleyball.

Anna started to play sports competitively in middle school, where she continued with basketball, volleyball, and decided to pick up track and field. When she went on to her local high school she dropped basketball and decided to focus more on track and volleyball. For track she ran the 200, 400, 800, 4x200, and long jump. She made it to state in track for then open 400, long jump, and triple jump. She wasn't just active in sports she was also involved in peer mentoring and National Honor Society.

Anna was recruited for volleyball by many different schools including Concordia University and University of North Dakota. She officially signed with the University of North Dakota because she liked the Grand Forks area, and since Kara was still at Concordia, she wanted to do her own thing. In her first year at UND she was the Big Sky Conference co-Freshman of the Year at the Division I level, she was named to the all-conference honorable mention team, and she was the UND Female Rookie of the Year. Anna said her first year at UND was, "A blur," and that there was a lot of traveling.

After her first season with UND the coach resigned and then after Anna's second season at UND she realized that things weren't working out with the new coach. Despite having 24 starts and 10 double-digit kill performances, Anna decided for her final two years to come to Concordia and play for the Golden Bears. So far in the season Anna, in comparison of UND and CSP, says the rallies at UND are shorter than Concordia's and that the campus is smaller and more welcoming.



Male Athlete of the Month

Corey Cole

By Adam Svien

Junior Corey Cole is the Golden Bears Quarterback. He is a K-12 physical education and 5-12 Health education major with a minor in exercise science. Corey plans to teach and coach football in Oklahoma after college. Corey displays exceptional leadership on the field and in the classroom; through adversity and success Corey remains focused to set an example for his teammates.

Last year Corey's season was cut short due to an injury, however with hard work and rehab he made his way back into the starting spot. Whether it's throwing to a receiver to help him get his routes tighter or talking football and running laps with the other quarterbacks, Corey would often stay back with teammates to work on his game.

Corey's inspiration comes from his family especially his mother Lynn. "She has always been there and supported me with everything I have been through." Corey has a great work ethic and sets a great example for his teammates. There is no doubt that he is making his family proud.

Unfortunately, Corey suffered an injury in the loss to SCSU on September 3 and is possibly done for the year, but he will have the opportunity to continue to help his teammates on the sideline.



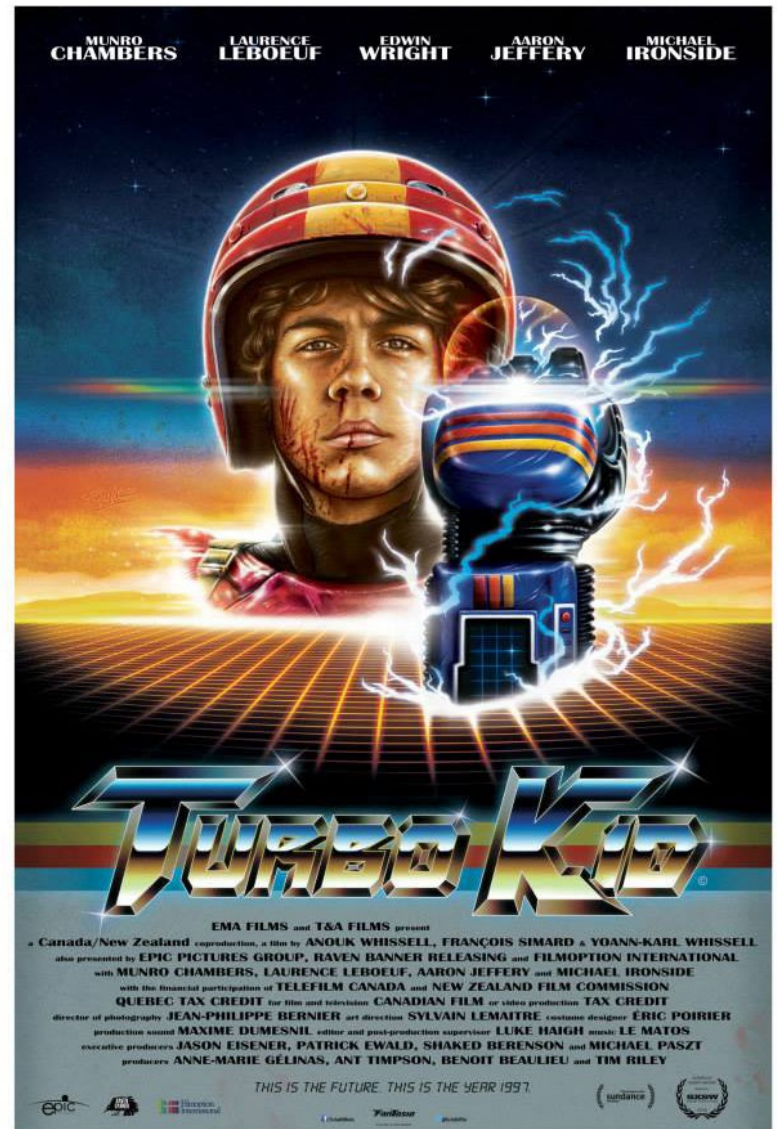
Turbo Kid

By Madeline Austin

What if civilization ended in the 1980's and all that was left of culture was VHS tapes, comic books and other mementos of a time gone by? The first feature film from the Canadian filmmaking collective RKSS introduces us to a retro synth drenched post-apocalyptic universe. Within this world the dreams of a comic geek (Munro Chambers) are actualized when he assumes the role of his favorite superhero to fight quintessential bad guy Michael Ironside.

Fans of *Mad Max* will love the spike-embellished BMX chase scenes, splat-stick and careful inventiveness spent on examining the recycling of old commodities. Ever wonder what might happen to your mom's garden gnome? It might just end up being used as a deadly weapon in a tournament for your life.

On the downside, pacing of the movie is a tad slow spending a nice chunk of time setting up the universe. Regardless, the film entices the audiences to follow along with the protagonist as he explores a trash strewn wasteland. Even so the ending was predictable, and the movie itself made little effort to stray from typical themes of its genre. This film gets 3.5/5. It is engaging, inventive, funny, and has an exceptional soundtrack but for some the pacing and sometimes mechanical dialogue can be distracting.



Theater Spotlight: Justin Hooper

By Madeline Austin

There have been many changes within the Theater Department recently. Jan Puffer was hired as a dance instructor, Zack Humes is now a stagecraft professor and Justin Hooper is the head designer. Although not new to the Concordia stage, Justin was eager to share his experience and feelings towards the evolution within the department.

Previously a freelance designer at the Guthrie Theater, St. Paul, the Pioneer Place St. Cloud, and Paul Bunyan Playhouse Bemidji, he felt creatively crippled by tight budget and time constraints. Already, he feels empowered by the larger endowment and time allotment that the academic stage offers. He feels this is especially useful for students since they can focus in on details and perfect their craft from building set pieces to painting lush landscapes.

He finds that the most engaging part of his new position is "creating new opportunities to teach." In the future he'd like to see more guest designers because he feels it allows students to make more contacts, gain new perspectives, and feel more comfortable in new spaces. Overall, he feels that the new changes were "a good idea." Unlike before he feels more "apart of things" since he is able to now attend staff meetings and connect students with



scholarships. In his opinion the department is now more "rounded out" which will likely continue to grow in opportunities in the future.

Since teamwork is such a vital part of theater he feels that it's important that changes like this happen. At this point he feels that it's too early to tell what the future holds for the Concordia stage, but he's confident of its continual success.

For anyone who is interested in taking a stagecraft class in the future there will be one offered next Fall.

If you have any questions regarding the program: feel free to contact Justin at hooper@csp.edu

Food Review:

A Day at the MN State Fair



By Cyrus Farivar

Photos by Cyrus Farivar

The Minnesota State Fair is home to many wonderful attractions. However, one of its primary attractions is the wide variety of foods served there annually. The food choices had a broad range in their quality and attraction; however, only the most noteworthy will be mentioned. If you were to pay a visit to the fair it would be good to visit the most popular booths for food, these included Minnehaha Kebab, Hawaiian Shaved Ice; a tropical delicacy, Tom Thumb Donuts Shack, Oven Fresh Brownies, and one of the most popular places overall Netterfield Chicken.

Netterfields Fried Chicken was deep-fried chicken on a stick marinated with salt, butter, various southern spices. To top it all off, it was encrusted with frosted flakes cereal to add an extra “zing.” It’s graceful combination of salty and sweet made for an enjoyable eating experience. The proprietor was kind enough to explain that the specific juxtaposition of the different flavors was specifically designed to appeal to a wider palate range.

Oven fresh brownies were perhaps one of the most popular dessert booths available at the fair. Their most popular dish is the “turtle brownie,” which consists of a brownie mixed with hot fudge, walnuts, whipped cream and the finished product is doused with sugar.

Another dessert truck I visited was Tom Thumb Donuts.

This is the most occupied donut stall at the whole fair. They make the donuts in front of you to illustrate how fresh they were. Each donut was covered in sugar and other toppings and they were warm to the touch.

Minnehaha kebab offered a variety of products, most of which had a very oniony garlic taste. Each bite was strong, yet unique and leaves a lasting imprint.

Hawaiian Shaved Ice was all-in-all not very unique or out of the norm. Due to the fact that it was literally just syrup and ice it doesn’t take a lot of work or craftsmanship. In my view this depreciates the artistic value of the foods created for the fair. Regardless the flavors were cool and pleasant

In short, the Minnesota state fair is a cool opportunity to check out samples of local cuisine from all over the state and is quite the experience. Too bad you’ll have to wait until next year to check it out!

Shadows

By Karina Schlect

*Large and small
simple and ornate
Lives are reduced to a
silhouette in the setting sun
Endless shadows line up in
every direction
From where I stand
with the warm sun setting behind me
I can see your shadow
Your Beautiful Shadow
right there in front of me
A young soul alongside the old
ranked by size of stone
remembered by size of heart
Bringing youthful energy up
toward Heaven
Leaving behind shadows
of exhaustion and pain
With only a memory
of your bright smile*

I wrote the first draft of this poem on the airplane as I flew to Minnesota for Devin McCauley's funeral. I'm from Colorado, so I do a lot of flying back and forth which means I drive to and from the Humphrey Terminal on a fairly regular basis. The original concept came while I was passing Fort Snelling National Cemetery located along the route to Terminal 2.

I hope this picture can give you a mental image of what I saw that inspired me to write. I wrote the idea down in my phone so I wouldn't forget this image and never wrote the poem because I didn't have any idea what it should sound like – I had no connection to this image beyond the image itself seared in my mind, no words to express how it affected me.

But on my way to Minnesota in July, this image stuck out to me as a perfect symbol of how I was feeling, how I was

struggling with Devin's death. Seeing those lines and lines of tombstones gives one a sense of heaviness, of grief, of silence. It causes you to remember, but it also causes you to appreciate the life you're living and the people you're living it with. Despite the horrible anguish of all those deaths gathered into one place, there's a strange yet beautiful paradox surrounding the shadows. This strange beauty is what I tried to capture in my poem.

Here's to you, Devin.

See Devin's Story on Pg. 4



Photo by Wayne Photography

C.A.L.L. Center's Calling You To Get Involved

**Spend your semester getting involved
in volunteer opportunities and/or studying abroad!**

By Mainhia Moua

One of the number one statistics related to graduating is involvement on campus. Learning in a different community gives students the opportunity to experience different cultures, lifestyles, and all kinds of people. Here at Concordia, thanks to the C.A.L.L. Center, there are plenty of opportunities to get involved for any and all students!

The C.A.L.L. Center stands for Community Action, Leadership, and Learning Center. It is a student engagement office where students can find service learning and volunteer opportunities both on campus and in the community, whether locally or abroad. In addition to that, there are plenty of study abroad programs and service trips, both of which are very great opportunities for all students to take advantage of while in college.

Kelly Matthias, C.A.L.L. Center Director, explains that there are several benefits to getting involved on campus. "Your Résumé will stand out against other candidates." Getting involved also helps introduce students to diverse groups of people. And last, but also most important, "it's fun!" says Matthias.

When it comes down to what kind of volunteer opportunities and service learning events that exist, "the sky's the limit," according to Matthias. "There are over 100 places that we have partnered with and we'll work with students to match them with businesses." Students can serve individually, with clubs, with courses, and on service trips.

This year, the C.A.L.L. Center's service trips are to Nicaragua, Hawaii and Florida. Along with that, the featured short-term study abroad programs for this year are to London, Mexico, Israel, and Nicaragua. Matthias clarifies that the difference

between service trips and study abroad programs is that "service trips are not for credit, but they are more affordable because fundraising opportunities are provided." However, don't let that stop you from traveling! It is important to know that all short-term study abroad and service trip applications are due Oct. 1, 2015. So get started as soon as possible.

Students interesting in joining any activities of the C.A.L.L. Center should stop by the C.A.L.L. Center immediately. They are located in Meyer Hall, Room 115. Students can also email call@csp.edu for any questions regarding study abroad, service, or volunteer opportunities. Don't sit and wait; listen to the "C.A.L.L." and get involved!



Photo by Maria Markman



Grace's Guide: A Review

YouTube Star to Author

By Jenny Everett

First tip in the book? Deodorant can be perfume. *Grace's Guide: The Art of Pretending To Be a Grown-Up*, by Grace Helbig was published on October 21, 2014 and became the #1 New York Times Best Seller just four days later. Overall, the book was a thoroughly fun read from beginning-to-end, with hilarious antidotes and a mix of entertaining and helpful tips. Rating: 4.5/5 swords.

Grace Helbig is most well-known for her YouTube channels: *It'sGrace* and *DailyGrace*. Helbig also starred in a movie that she executively produced with her best friends and fellow YouTubers, Hannah Hart and Mamrie Hart (no relation), called *Camp Takota* (you may have seen it on Netflix).

The book is set up so it can be read straight through or to find specific tips. The categories are professional, social, love, and lifestyle. Each section contains about five how-to/tip guides. Some of the how to sections include 25 tips to manage your anxiety, how-to hang out with yourself, how to do the walk of shame, and how to cook like a kid for adults. Each how to is followed by a strange saying to help you remember the tips, including the phrases "dimple fax," "safe shipped" and "Asia shaved."

There are also worksheets for readers to fill out if they want.

"Wrap yourself in a blanket and roll around the floor like a human taco. It makes me feel like a dumb child and I don't care it's so fun to let yourself go!" is one of her tips on anxiety. Another tip she suggested for anxiety was to rip up paper. Helbig adds her own twist on it by stating "Maybe only, like, one piece, so environmentalists don't get too anxious." The book reads like a conversation with an older sister, giving you the tips you need to survive through life in this day and age. The book is geared toward the Millennials generation, which is anyone born in the early 1980's to 2000's, but my mom read this book and loved it! She even stated that she had wished she had had a book like this when she was my age; she would have taco blanketed herself all the time.

Grace lifts the mood with her trademark humor and gives legitimate advice ("taxes, just do them"). She includes her own life stories with legitimate help and advice, stating, "I'm no expert. Definitely not in life. But who is?"

"Wrap yourself in a blanket and roll around the floor like a human taco. It makes me feel like a dumb child and I don't care it's so fun to let yourself go!"

-GRACE HELBIG

Dance Spotlight: Kayla Eastman

By Maria Markman

Kayla Eastman ('15), a recent graduate of Concordia's Sports Management program, has always dreamed of dance as a career. She has returned this semester to complete a Dance minor. Kayla has big plans for her major and minor: "Down the road I plan to open my own dance studio. As of right now, my future includes me just finishing out school and enjoying my time as a dancer for the Minnesota Timberwolves."

That right, Kayla recently auditioned for the 2015-2016 Timberwolves Dance team. "Auditioning for the Timberwolves was completely unforgettable." After three rounds in open auditions Kayla was called as a finalist. She spent a week learning routines, working out, interviewing and posing in a photoshoot (at right). The week lead up to the finals show at Treasure Island Resort and Casino. Kayla's mind was racing as the judges deliberated after their performances "As I stood there waiting to hear my name... I wanted this so bad and I knew I gave it my all. As they started to come to the end of dancers being called I didn't know what to think, until I heard my name."

A lot of hard work and discipline got Kayla to this point. She started dancing at the age of five, competitions started at age seven and continued up through her experience on her high school dance team.

Kayla chose to come to Concordia for two specific reasons, to follow her sister "I have always looked up to her" and because of her plan to make dance a career; she knew she needed to attend a school that offered dance. Throughout her years gaining dance experience, Kayla has had two teachers that stick out. The first is Bobbi

Jo, a studio dance teacher, "[she] brought out my personality and sass. she has never stopped pushing me to work harder and try new things. I would never be the dancer or person I am today without her." Another integral link in Kayla's success is Jan Puffer, Concordia's dance professor. "She is always looking for the best for me and making time out of her busy life to be there when I need her to be. Actually Jan surprised me at my finals show for the Timberwolves, she came to support me and it really meant a lot."

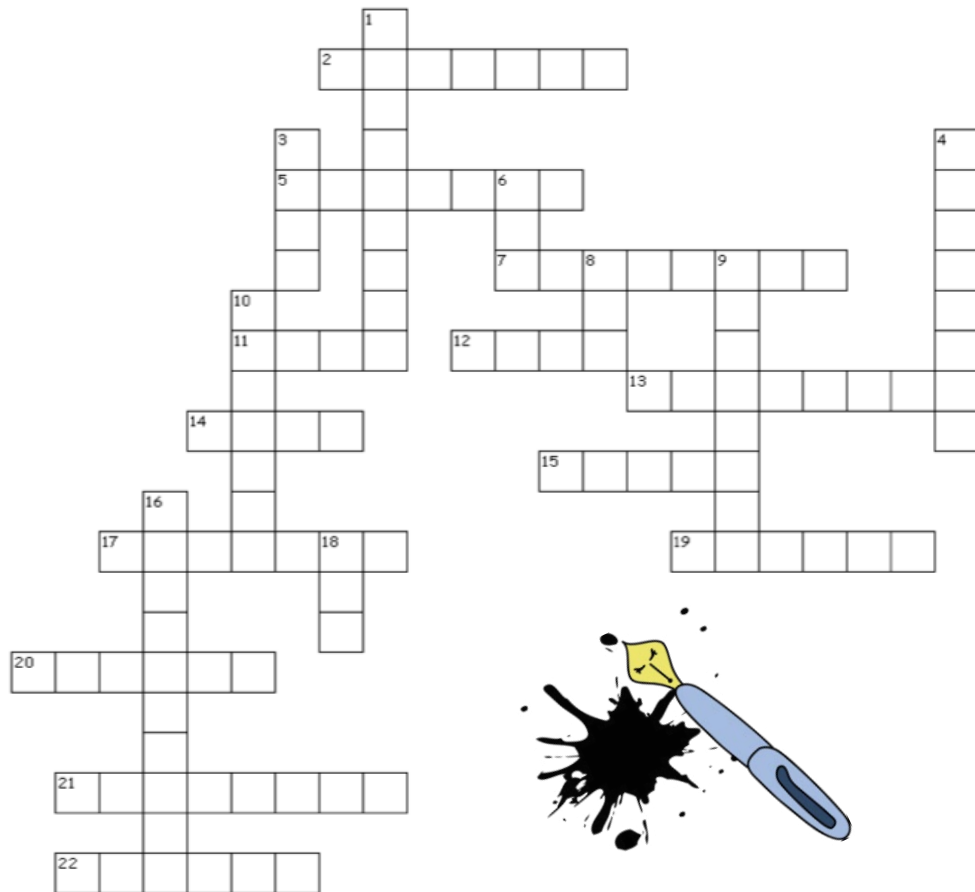
Kayla's advice to incoming dance students at Concordia is to be involved, "Be in the Spring into Dance concert because it is a wonderful experience and try out for the fall musical. It's another form of dance that would be great to have on your resume." Kayla also gives some advice all can learn from: "never give up... there are a million opportunities out there and if one doesn't work it wasn't meant for you. I have tried many things that didn't work out and I am grateful they didn't because then I wouldn't be where I am today."



**Photo Copyright
Timberwolves**

Crossword & Wordsearch

By Austin Nash



- Across
- Start
 - Pragmatic person
 - Forever and a day
 - Diner sign
 - Inkling
 - Insincere language
 - Celebrity
 - Disney deer
 - Fame's companion
 - Grad
 - Commotion
 - Relinquish
 - Unit of angular measure



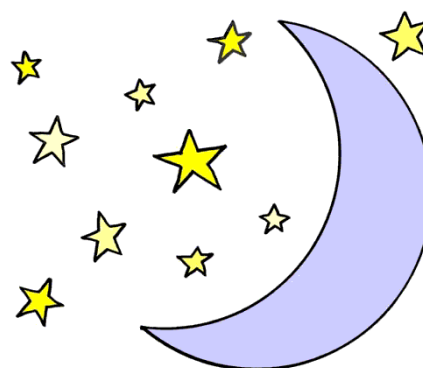
- Down
- State of affairs
 - Conifer
 - Science brief
 - Observe
 - Historical period
 - Royal
 - Circumstances
 - Cumulative
 - Capture



By Austin Nash

E	B	F	F	Z	H	R	N	S	S	R	S	I	P	R
R	E	A	P	B	N	O	B	U	C	K	G	E	O	E
G	L	F	T	D	M	T	B	E	O	I	N	D	J	P
L	U	D	F	N	R	A	Y	O	A	C	E	T	O	A
S	X	J	K	O	L	I	B	J	I	R	P	N	C	P
B	R	V	Y	L	C	U	A	L	P	Q	S	S	C	L
J	M	E	Y	P	F	C	N	E	D	L	O	G	A	E
O	A	S	K	I	M	L	E	L	X	E	Y	G	E	F
B	T	L	M	A	X	A	I	Q	Y	N	J	R	T	J
F	H	X	X	L	E	C	P	L	M	G	L	L	I	V
T	A	O	M	V	U	R	P	U	D	L	L	Z	L	X
J	Q	K	J	B	W	J	B	Z	Y	I	Y	W	H	R
B	A	C	K	P	A	C	K	E	A	S	H	R	F	X
N	L	M	M	N	J	J	H	K	C	H	G	K	B	I
V	Q	R	U	L	E	R	Y	O	W	I	Q	R	J	Q

BACKPACK
BEARS
BOOKS
CALCULATOR
COFFEE
ENGLISH
FALL
GOLDEN
ICEBREAKERS
MATH
PAPER
PENCIL

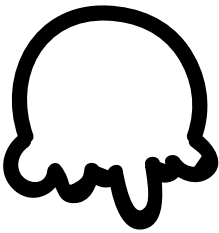






By Austin Nash


Draw with Me

"Cute Ice Cream Cone"

①

②

③

④

1. Start with the ice cream top. Drips are optional.

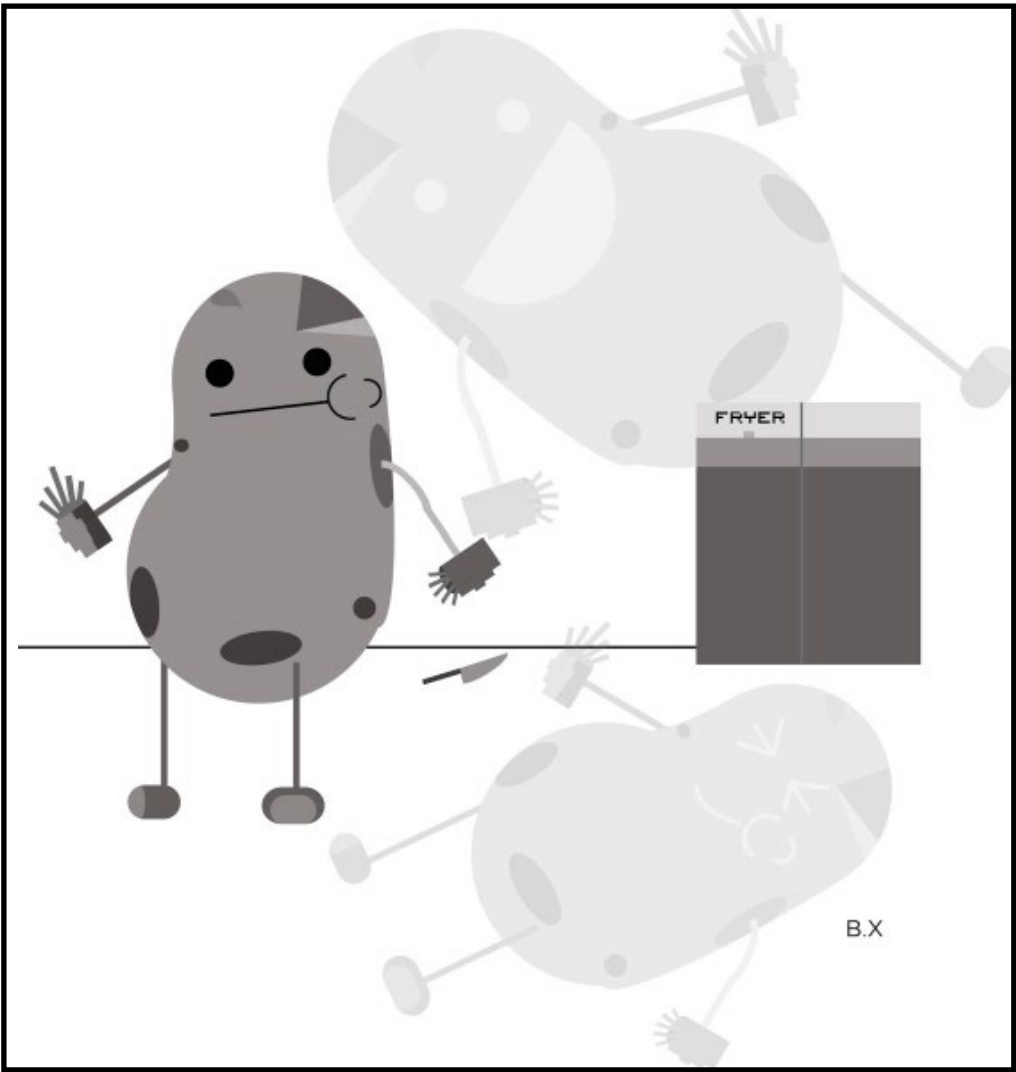
2. Draw a pointed down arrow as the cone. Add in lines crisscrossing for detail.

3. Erase part of the top. Draw a small cherry. Optional: Add sprinkles!

4. Add a cute face and sparkles! You're done! =)

Rainie Kong

By Emily Kong



By Bee Xiong

READING COMPETITION! BY DINA HER



By Andrew Toelle